

Opioid Prescribing PSA (:60)

Despite recent declines, opioid prescribing remains high and varies as much as six-fold across counties in the United States. Higher opioid prescribing puts patients at risk for addiction and overdose.

Healthcare providers:

- Prescribe opioids only when benefits outweigh risks. Non-opioid options include acetaminophen, ibuprofen, and naproxen, as well as exercise therapy, and cognitive behavioral therapy.
- For acute pain, prescribe opioids only for the number of days that pain is expected to be severe. Three days or less is often enough; more than seven days is rarely needed. Start with the lowest effective dose and reassess benefits and risks when considering dose increases.

For more recommendations, see the *CDC Guideline for Prescribing Opioids for Chronic Pain*.

To learn more, visit [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).